

# Portobello Mushroom Fajitas

10 ingredients · 15 minutes · 2 servings



## Directions

1. Heat up a large pan over medium-high heat. Add half of the water to the pan along with mushroom, bell pepper, and red onion. Stir and cook for two to three minutes until water evaporates. Then add the taco seasoning, salt, and the remaining water.
2. Cook and stir occasionally for another three to four minutes or until veggies are tender and browned (if the pan seems too dry, add a splash of water). Take the pan off the heat.
3. Top each tortilla with the mushroom mixture, smashed avocado, and chopped cilantro. Drizzle with lemon juice. Enjoy.

## Notes

### Leftovers

Refrigerate the mushroom mixture in an airtight container for up to three days. Assemble the fajitas before serving.

### Serving Size

One serving is equal to two fajitas.

### Additional Toppings

Serve with salsa, hot sauce, and shredded cabbage.

### No Corn Tortilla

Use flour tortilla or iceberg lettuce as a wrap.

## Ingredients

- 2 tbsps Water (divided)
- 3 cups Portobello Mushroom (sliced)
- 1 Red Bell Pepper (medium, sliced)
- 1/2 cup Red Onion (medium, sliced)
- 1 1/2 tsps Taco Seasoning
- 1/4 tsp Sea Salt
- 4 Corn Tortilla
- 1 Avocado (mashed)
- 2 tbsps Cilantro (chopped)
- 1/4 Lemon (cut into wedges)

## Nutrition

Amount per serving

<b>Calories</b>	394	Vitamin C	92mg
<b>Fat</b>	17g	Calcium	241mg
Saturated	2g	Iron	3mg
<b>Carbs</b>	54g	Vitamin D	25IU
Fiber	15g	Vitamin B6	0.7mg
Sugar	9g	Folate	153µg
<b>Protein</b>	11g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	65mg
Sodium	518mg	Zinc	2mg
Potassium	1476mg	Selenium	40µg
Vitamin A	2078IU		